AMENDMENTS TO THE CLAIMS

This listing of claims replaces all prior versions, and listings, of claims in the application:

- 1-24. (canceled)
- 25. (currently amended) A method of injecting medication into a cavity through a hard tissue having a thickness, comprising:
 - providing a shaft having (a) a proximal end with a first opening, (b) a distal end with a second opening extending through a beveled portion of a cutting tip, (c) a lumen that extends between the first and second openings, and (d) an open notch disposed in the shaft, and having a length greater than a diameter of the lumen, and (e) an overall length from a distal tip of the cutting tip to a proximal end of the open notch that is greater than the thickness of the hard tissue;
 - using the cutting tip to drill a hole through the hard tissue, such that drilling debris enters the first opening; and
 - injecting a medicament into the cavity, through the shaft to exit through the second opening.
- 26. (previously presented) The method of claim 25, wherein the notch is contiguous with the second opening.
- 27. (previously presented) The method of claim 25, wherein the overall length is about 0.10 to 0.125 inches.
- 28. (previously presented) The method of claim 25, wherein the notch is axially extended from the second opening.
- 29. (previously presented) The method of claim 25, wherein the shaft is substantially smooth.
- 30. (previously presented) A method of injecting a substance into a bone, comprising: using a drill bit according to claim 25 to drill a hole in the bone; and injecting the substance into the proximal opening.

- 31. (previously presented) The method of claim 30, comprising using a hypodermic needle to inject the substance.
- 32. (previously presented) The method of claim 30, wherein the substance comprises a medication.
- 33. (currently amended) The method of claim 25, wherein the shaft is disposed in an elongated hub, and the shaft extends outwardly beyond both proximal and distal ends of the huboutward past, an elongated hub.
- 34. (currently amended) The drill bill drill bit of claim 25, wherein the lumen extends beyond both proximal and distal ends of the hub.